



Music Ed Insights



Key Insights from...

Lesley Moffat on Surviving Band Directing: Wellness, Boundaries, and Tiny Habits That Stick

Your job shouldn't break your body.

- Stress may show up as gut issues, pain, brain fog, insomnia, surgeries, constant meds – not just “feeling stressed.”
- These are data from your body, not personal weakness.
- For music teachers: Notice the non-obvious signs and ask, “If a student felt this way, what would I tell them to do?” Then follow that advice yourself.

Boundaries help kids, too.

- Clear limits make you more effective, not selfish.
- Lesley set availability hours, limited extra help to one weekly after-school block, and stopped being “always on.”
- Result: more focused rehearsals, less burnout for her and her students.
- For music teachers: Choose one boundary (office hours, one sectional day, fewer events), communicate it, and keep it. Healthy teachers help kids longer and better.

Tiny Habits = Big Change

- Change works like practice—small, consistent reps.
- Lesley's push-up rule: Day 1 = 1 push-up; add one each day. By the end of the month she was doing 60 a day in sets.
- Same logic as teaching scales: start with a few notes, then build.
- For music teachers: Pick one small habit (10-minute walk, one prepped lunch item, an email cutoff time). Consistency beats intensity—think first push-up, first four notes.